

COMMUNITY TOWN HALL SERIES

# Mental Health Town Hall

*Building Your Family's Resilience During Tough Times*

**Presented by:**

**Dr. Jenna Glover, Dr. Jessica Hawks, Tom Caughlan and Heidi Baskfield**

**Moderated by:**

**Dr. Ron-Li Law, Mental Health-in-Chief**

**Wednesday, February 2**

**6:00 to 7:00 PM**

**Virtual Event**

Join Children's Hospital Colorado pediatric experts for a community discussion on youth mental health. We'll discuss ways families can build resiliency in tough times, coping mechanisms and tools for stressful situations, the impact of the pandemic on youth mental health and steps we all can take to address the mental health crisis in our community. There also will be open Q&A moderated by our new Mental Health-in-Chief Ron-Li Law, MD. Live interpretation will be available in Spanish.

Please register here: <https://www.eventbrite.com/e/254758348077>



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Colorado**